

THE CALIFORNIA HEALTHY YOUTH ACT

The Poway Unified School District provides instruction in grades 7 and 9 in family life, reproductive health, and sexually transmitted disease prevention, under the provisions of the California Healthy Youth Act. In accordance with State Ed Code 51938, parents and guardians of pupils in grades 7 and 9 shall be notified at the beginning of the school year, or at the time of enrollment, about instruction in comprehensive sexual health education, HIV/AIDS education, and research on pupil health behaviors and risks. This notice shall do all of the following:

1. Advise the parent or guardian that written and audiovisual educational materials used in comprehensive sexual health education and HIV/AIDS prevention education are available for review. They may also request a copy of the Education Code 51930-51939.
2. Include information explaining the parent's or guardian's right to request a copy of the instructional materials.
3. Advise the parent or guardian that they may request in writing that his or her child not receive comprehensive sexual health education or HIV/AIDS prevention education. In this case, alternative study arrangements will be made without penalty.

An additional notice will be provided to parents no later than one month prior to when students are offered unit instruction in which human reproductive organs and their functions, processes, or diseases are described, illustrated, or discussed

Education Code Sections 51930-51939 require that all public schools teach comprehensive sexual health education and HIV prevention. Instruction and materials shall emphasize that abstinence from sexual intercourse is the only protection that is 100 percent effective against unwanted teenage pregnancy and sexually transmitted diseases. The Education Code also requires that all sexual health and HIV prevention education courses satisfy specified criteria with respect to the content of the course material. Instruction and materials shall:

1. Be age appropriate.
2. Be medically accurate and objective.
3. Align with and support the purposes of the California Healthy Youth Act.
4. Teach the value of and prepare pupils to have and maintain committed relationships such as marriage.
5. Provide pupils with knowledge and skills they need to form healthy relationships that are based on mutual respect and affection, and are free from violence, coercion, and intimidation.

SEXUAL HEALTH AND HIV/AIDS PREVENTION INSTRUCTION (continued)

6. Provide pupils with knowledge and skills for making and implementing healthy decisions about sexuality, including skills to assist pupils in overcoming peer pressure and using effective decision making skills to avoid high-risk activities.
7. Be appropriate for use with students of all races, genders, sexual orientations, ethnic and cultural background, and be appropriately modified for students who are English Language Learners and students with disabilities.
8. Teach pupils about gender, gender expression, gender identity, the harm of negative gender stereotypes, and different sexual orientations including same sex relationships.
9. Encourage and equip students with knowledge and skills in order to communicate with parents/ guardians, and/or other trusted adults about matters of human sexuality.
10. Instruction and materials shall not teach or promote religious doctrine.

Education Code Section 51934 requires that all students in grades 7 to 12 receive comprehensive sexual health education HIV/AIDS prevention education at least once in middle school and once in high school. Instruction shall meet all the requirements of 51934 including but not limited to the requirements below:

1. Accurate and up to date information and recommendations from the United States Surgeon General, the Federal Centers for Disease Control and Prevention, and the National Academy of Sciences.
2. Information that abstinence from sexual activity and injection drug use is the only certain way to prevent HIV and other sexually transmitted infection and the only certain way to prevent unintended pregnancy. The instruction shall provide information about the value of delaying sexual activity while also providing medically accurate information on other methods of preventing HIV and other sexually transmitted infections and pregnancy.
3. The manner in which HIV and other sexually transmitted infections are and are not transmitted.
4. Discussion about societal views on HIV/AIDS including unfounded stereotypes and myths regarding persons with HIV/AIDS. This instruction shall emphasize that successfully treated HIV-positive individuals have a normal life expectancy, all people are at some risk of contracting HIV, and that testing is the only way to know if one is HIV-positive.

SEXUAL HEALTH AND HIV/AIDS PREVENTION INSTRUCTION (continued)

5. Information about the effectiveness and safety of all federal Food and Drug Administration (FDA) approved methods that prevent or reduce the risk of contracting HIV and other sexually transmitted infections, including use of antiretroviral medication, consistent with the Centers for Disease Control and Prevention.
6. Information about the effectiveness and safety of reducing the risk of HIV transmission as a result of injection drug use by decreasing needle use and needle sharing.
7. Information about the treatment of HIV and other sexually transmitted infections, including how antiretroviral therapy can dramatically prolong the lives of many people living with HIV and reduce the likelihood of transmitting HIV to others
8. Information on local resources, how to access local resources, and pupils' legal rights to access local resources for sexual and reproductive health care.
9. Development of refusal skills to assist students in overcoming peer pressure and using effective decision-making skills to avoid high-risk activities.
10. Information about the effectiveness and safety of all FDA-approved contraceptive methods in preventing pregnancy, including but not limited to, emergency contraception.
11. Information about sexual harassment, sexual assault, adolescent relationship abuse, intimate partner violence, and sex trafficking.

Grade Five

1. Annually, the elementary school staff prepares the one-day program covering personal hygiene, physical changes of the adolescent, good health habits, and good nutrition practices. Content is presented to boys and girls separately.
2. A permission letter is sent by the teacher to all parents of fifth grade students. An outline of the curriculum is included with instructions on how to preview materials. If a parent requests it, a preview of the program is scheduled by the principal.
3. Any parent may request that their student not participate in the lesson and an alternative assignment will be provided without penalty.

SEXUAL HEALTH AND HIV/AIDS PREVENTION INSTRUCTION (continued)

Professional Development

The district's comprehensive sexual health education and HIV prevention education shall be provided by instructors trained in the appropriate courses who are knowledgeable of the most recent medically accurate research on human sexuality, healthy relationships, pregnancy, and HIV and other sexually transmitted infections.

Definitions

Comprehensive Sexual Health education means education regarding human development and sexuality, including education on pregnancy, contraception, and sexually transmitted infections.

HIV prevention education means instruction on the nature of human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS), methods of transmission, strategies to reduce the risk of HIV infection, and social and public health issues related to HIV and AIDS.

Age appropriate refers to topics, messages, and teaching methods suitable to particular ages or age groups of children and adolescents, based on developing cognitive, emotional, and behavioral capacity typical for the age or age group.

Medically accurate means verified or supported by research conducted in compliance with scientific methods and published in peer-reviewed journals, where appropriate, and recognized as accurate and objective by professional organizations and agencies with expertise in the relevant field, such as the federal Centers for Disease Control and Prevention, the American Public Health Association, the American Academy of Pediatrics, and the American College of Obstetricians and Gynecologists.